



Garlicky greens



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 3 shallots sliced
- ☐ 3 garlic clove sliced
- ☐ 150 ml vegetable stock hot
- ☐ 200 g peas frozen
- ☐ 600 g broccoli mixed green
- ☐ 1 knob butter

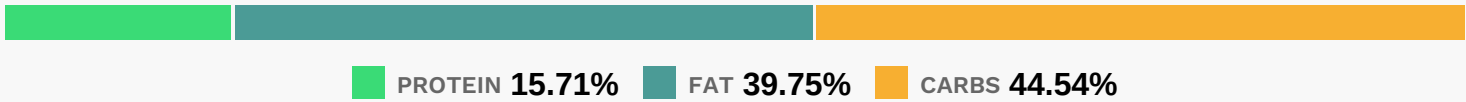
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large frying pan and bring a large saucepan of salted water to the boil. Gently fry the shallots and garlic for 5–8 mins, tip in the stock and peas, then bubble for a few mins until the peas are cooked.
- ☐ Meanwhile, boil the rest of the veg, cooking the broccoli and asparagus for a couple of mins first, then throwing in the mangetout for the final min.
- ☐ Drain well and tip into the pan with the peas. Season, add the butter and mix well.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:5.06, Inflammation Score:-9, Nutrition Score:22.032608795425%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 8.54g (13.14%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 14.14g (5.14%), Sugar: 7.2g (8%), Cholesterol: 11.29mg (3.76%), Sodium: 237.45mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin C: 156mg (189.09%), Vitamin K: 168.06µg (160.06%), Folate: 133.6µg (33.4%), Manganese: 0.61mg (30.62%), Vitamin A: 1528.49IU (30.57%), Fiber: 7.4g (29.59%), Vitamin B6: 0.44mg (21.99%), Potassium: 668.94mg (19.11%), Vitamin B1: 0.26mg (17.03%), Phosphorus: 168.95mg (16.9%), Vitamin B2: 0.25mg (14.68%), Magnesium: 52.6mg (13.15%), Vitamin E: 1.87mg (12.47%), Iron: 2.11mg (11.74%), Vitamin B3: 2.06mg (10.29%), Vitamin B5: 0.99mg (9.85%), Calcium: 95.31mg (9.53%), Copper: 0.18mg (9.24%), Zinc: 1.34mg (8.94%), Selenium: 5.25µg (7.5%)